

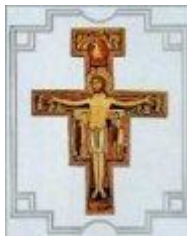


THE ALTON ANGELUS

August 2010

The Rev. David J. Boase—Rector

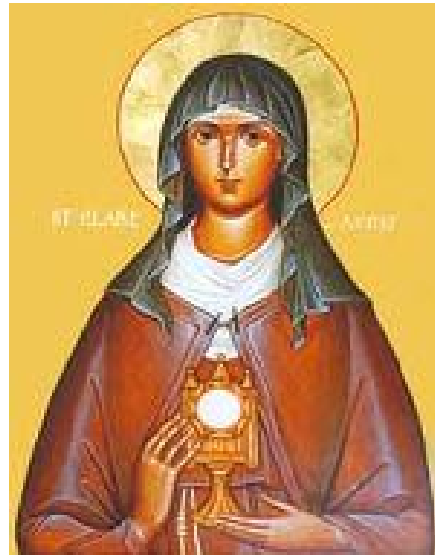
*The Episcopal Parish of Alton has as its mission:
the knowing and praising of God and his Son Jesus,
outreach to the needy,
and the giving and receiving of love.*



Vestry

Rector's Warden: Charles Buxton
Parish Warden: Jeff Dunnagan
Clerk of the Vestry: Jane Hill
Treasurer: Bill Bryant

Fr. Boase	467-0697
Mike Alexander	465-5993
Terry Allen	465-6410
Bill Bryant	466-4806
Gay Bryant	466-4806
Steve Bumbacher	466-8970
Charles Buxton	462-5832
Jeff Dunnagan	467-2771
Al Elkins	465-4125
Jasper Fisher	259-3177
A.J. Goers	466-2963
Jane Hill	466-7362
Carl Slaughter	377-3757
Barbara Ulfers	462-1364



"Totally love Him, Who gave
Himself totally for your love."

St. Clare of Assisi
(1194-1253)

Feast Day — August 11



Dear Friends,

Please find below the latest **COMMUNIQUÉ** concerning the search for the next Bishop of Springfield.

The Episcopal Diocese of Springfield

From: The Standing Committee

821 South Second Street, Springfield, Illinois 62704-2694

Tel: (217) 525-1876 Fax: (217) 525-1877

Email: standingcommittee@episcopalspringfield.org

www.episcopalspringfield.org

COMMUNIQUÉ

To: The Clergy and Congregations of the Diocese

From: The President of the Standing Committee

On behalf of the Standing Committee, I want to communicate a few matters mostly concerning the Nominating Synod and invite you to share them with your congregations, particularly your Lay Synod Delegates.

MATTERS CONCERNING THE NOMINATING SYNOD

1. The Nominating Synod

All Clerical and Lay Delegates should have received the information concerning the Nominating Synod to be held on Saturday, August 7, 2010 in the Cathedral Church of St. Paul, Springfield, Illinois. **Please remember that registration forms are to be returned to the Diocesan Center on or before Thursday, July 15, 2010.**

2. Synod Notebook

The Synod Notebook, which consists of information on the fourteen Nominees for the office of Bishop of Springfield, is presently being circulated. The Notebook is a guide for the clerical and lay delegates of the Diocese of Springfield to become familiar with the Nominees. Members of the Election Committee will be responsible for the distribution of the Notebook and a set of nine DVDs to all clergy and lay delegates who are eligible to vote at the Nominating Synod. Delegates may have to collect their Notebook and DVDs from their respective churches when they arrive. Please ensure that Delegates receive their materials as expeditiously as possible. The Standing Committee will be sending a follow-up email to Delegates in the next few days to confirm that they have received the information. (*Fr. David's Note: Please feel free to contact any of our Synod Delegates if you wish to see the Notebook or view the DVDs.*)

3. Day of Prayer and Discernment

The Standing Committee has declared a Day of Prayer and Discernment on the eve of the Nominating Synod, Friday, August 6, 2010, being the Feast of the Transfiguration. This is a kind reminder to encourage your congregational family to spend some time during the day to pray particularly for the Nominees and the Nominating Synod. Clergy may also hold appropriate services on that day in your churches. (*Fr. David's Note: St. Elizabeth's Chapel at St. Paul's will be open for prayer between 8:00 a.m. and 12:00 noon on Friday, August 6.*)

4. Walkabouts (Nominees' Visit to the Diocese)

A "Walkabout" is the visit of the final list of Nominees for bishop to the electing Diocese. It's a time of prayer and discernment for both the people of the Diocese and for the Nominees and their spouses. The walkabouts for the Diocese of Springfield will take place between Tuesday, August 31 and Thursday, September 2, 2010. More information concerning the schedule and format of the Walkabouts will be available very shortly. (*Fr. David's Note: The Episcopal Parish of Alton will host the walk-about on Thursday, September 2 at 6:30 p.m. when there will be opportunity to put questions [details still to be finalized] to the final four Nominees. Other walkabouts are scheduled for 1st United Methodist Church in Mount Vernon on Tuesday, August 31, and for St. John's Episcopal Church in Decatur on Wednesday, September 1.*)

5. The Electing Synod

The Election of the Eleventh Bishop of Springfield will be held on Saturday, September 18, 2010, being the Feast of Edward Pusey, Priest, in the Cathedral Church of St. Paul, Springfield, Illinois. The day preceding the Election (Friday, September 17) will be a Day of Prayer in the Diocese for the Episcopal Election. (*Fr. David's Note: St. Elizabeth's Chapel at St. Paul's will be open for prayer between 8:00 a.m. and 12:00 noon on Friday, September 17.*) Information concerning the Electing Synod will be forwarded to all Clerical and Lay Delegates in the imminent future.

6. Information on the Diocesan Web Site

Please make use of the Diocesan web site for updates on the Nominating Synod and the Episcopal Election process. Information on the Nominees may be viewed at:

http://episcopalspringfield.org/Nominees_NominatingSynod.html .

For more information, please go to: <http://episcopalspringfield.org/bishopsearch.html> and click on the Transition Documents link.

Yours sincerely,

Fr. David+





Back
to
School

Help Provide Back-to-School Supplies

Once again it's time to think about the start of school...and that means it's time for our annual collection of school supplies to help needy children in the local area.

Can you help? This year we are offering two ways to assist children in need as the new school year approaches:

—for Riverbend Head Start and Family Services, we will be accepting cash donations (made payable to the parish) so that case workers can discreetly help children whose families cannot afford some of the necessities for the school year like underwear, socks, shoes, etc.

—for the Alton School District, we will be collecting an assortment of school supplies so that teachers can have resources in their classrooms for students whose families cannot fill the list requested by the school for each student. Needed items include: #2 pencils, erasers, 16 count crayons, wide-ruled notebook paper and spiral notebooks, folders, hand sanitizer, Kleenex, and erasers. For those who don't wish to shop, cash donations are possible.

Items will be collected through August and may be placed in the "church" collection boxes located in the parish halls at Trinity and St. Paul's. If donating by check, please use the memo "school outreach" so credit can be made to the proper account.

Thanks you for your generosity in helping children get a fresh start for the new school year.

Evangelism and Outreach Commission



Book Discussion Features

The Adventures of Huckleberry Finn

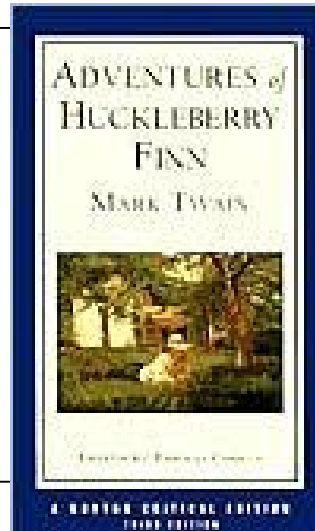
The Adventures of Huckleberry Finn by Mark Twain is the Book Discussion Group's featured book for August. The discussion, to be led by Jane Hill, will be held Wednesday, August 25 beginning at 2:00 p.m. at Trinity Chapel.

Upcoming selections include *My War* by Andy Rooney in September. Book discussions are normally held on the fourth Wednesday of each month at 2:00 p.m. in the Parish Hall at Trinity Chapel.

Is there a particular book you'd like to read? Let us know. Everyone is welcome, even if for just one discussion! For more information, please contact Barbara Ulfers at 462-1364.

Education Commission

Floating down the Mississippi on their raft, Huckleberry Finn and Jim, a runaway slave, find life filled with excitement and the spirit of adventure. Join Huck and Jim and their old friend Tom Sawyer as they come up against low-down thieves and murderers, whilst being chased by Huck's evil, drunken father who is after Huck's treasure. It is a trip of which you will never tire!





Coming soon...

Thursday, Sep 2	Episcopal Parish of Alton hosts Bishop Nominee “Walk-about”—St. Paul’s, 6:30 p.m.
Saturday, Sep 4	Adopt-a-Highway
Monday, Sep 6	Church Office closed for Labor Day
Wednesday, Sep 8	Guild of Grace—6:00 p.m.
Sunday, Sep 12	Trinity Missionary Society meeting—T.C, 9:15 a.m. Sunday School and Choir resume Health Fair—St. Paul’s
Tuesday, Sep 14	Mass/Bible Study resume—St. Paul’s
Saturday, Sep 18	Electing Synod—Springfield
Wednesday, Sep 22	Book Discussion— <i>My War</i> —Trinity, 2:00 p.m.
Saturday, Sep 25	Monkey Golf—Rolling Hills Golf Course, 10:00 a.m.
Sunday, Sep 26	Deanery meeting—Edwardsville, 2:00 p.m.
Sunday, Oct 3	Blessing of the Animals—St. Paul’s, 2:00 p.m.
Fri/Saturday, Oct 8-9	Diocesan Synod—Champaign
Saturday, Oct 9	Adopt-a-Highway—7:30 a.m.
Saturday, Oct 16	ECW fundraiser—Ivy-Selkirk appraisals

From the Register...

Baptisms

Damerious Tyrone Wade, Destiny Danielle Harrison, and Brenden Lee Harrison, foster children of Chuck and April Drennan, were baptized on June 27, 2010 at St. Paul’s Church. *We welcome Damerious, Destiny and Brenden into the Parish Family!*





MONTH- JUNE 2010

Income	\$12,397
Expenses	\$17,125
Deficit	(\$ 4,728)

YEAR-TO-DATE 2010

Income	\$ 91,187
Expenses	\$124,273
Deficit	(\$ 33,086)

Many of us may be out of town on vacation at various times during the summer, but remember that the Parish expenses do NOT take a vacation. PLEASE keep your pledge current!

The deadline for the September *Angelus* is August 16, 2010.



Please e-mail your articles to outreach@episcopalalton.org.

Save the date...

Monkey Golf

Saturday, September 25

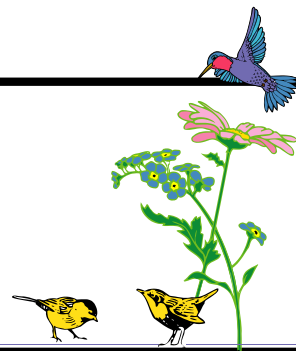
**Rolling Hills Golf Course
Executive Course**

Tee time 10:00 a.m.

**For more information, contact
Charles Buxton.**

We would like to thank everyone who sent sympathy cards, offered condolences and their prayers at the loss of Carl's father. It was greatly appreciated during a difficult time to have a caring church family.

Carl and Margaret Slaughter





BODY *MIND*SPIRIT

This week's extreme heat with a forecast for more of the same has prompted me to address heat illness and what we can do to prevent it.

Heat-related deaths and illness are preventable, yet annually many people succumb to extreme heat. Historically, from 1979-2003, excessive heat exposure caused 8,015 deaths in the United States. During this period, more people in this country died from extreme heat than from hurricanes, lightning, tornadoes, floods, and earthquakes combined. In 2001, 300 deaths were caused by excessive heat exposure.

People suffer heat-related illness when their bodies are unable to compensate and properly cool themselves. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs.

Several factors affect the body's ability to cool itself during extremely hot weather. When the *humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat* quickly. Other conditions related to risk include age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use.

Because **heat-related deaths are preventable**, people need to be aware of who is at greatest risk and what actions can be taken to prevent a heat-related illness or death. The elderly, the very young, and people with mental illness and chronic diseases are at highest risk. However, even young and healthy individuals can succumb to heat if they participate in strenuous physical activities during hot weather. **Air-conditioning is the number one protective factor against heat-related illness and death.** If a home is not air-conditioned, people can reduce their risk for heat-related illness by spending time in public facilities that are air-conditioned.

Summertime activity, whether on the playing field or the construction site, must be balanced with measures that aid the body's cooling mechanisms and prevent heat-related illness.

What Is Extreme Heat?

Conditions of extreme heat are defined as summertime temperatures that are substantially hotter and/or more humid than average for location at that time of year.

During Hot Weather

To protect your health when temperatures are extremely high, remember to keep cool and use common sense. The following tips are important:

*** Drink Plenty of Fluids**

During hot weather you will need to increase your fluid intake, regardless of your activity level. Don't wait until you're thirsty to drink. During heavy exercise in a hot environment, drink two to four glasses (16-32 ounces) of cool fluids each hour.

Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask how much you should drink while the weather is hot. Don't drink liquids that contain alcohol, or large amounts of sugar—these actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps.

*** Replace Salt and Minerals**

Heavy sweating-removes salt and minerals from the body. These are necessary for your body and must be replaced. If you must exercise, drink two to four glasses of cool, non-alcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. However, if you are on a low-salt diet, talk with your doctor before drinking a sports beverage or taking salt tablets.

*** Wear Appropriate Clothing and Sunscreen**

Wear as little clothing as possible when you are at home. Choose lightweight, light-colored, loose-fitting clothing.

*** Schedule Outdoor Activities Carefully**

If you must be outdoors, try to limit your outdoor activity to morning and evening hours. Try to rest often in shady areas so that your body's thermostat will have a chance to recover.

*** Pace Yourself**

If you are not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or at least into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.

*** Stay Cool Indoors**

Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.

Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off. Use your stove and oven less to maintain a cooler temperature in your home.

*** Use a Buddy System**

When working in the heat, monitor the condition of your co-workers and have someone do the same for you. Heat-induced illness can cause a person to become confused or lose consciousness.

*** Monitor Those at High Risk**

Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others.

- Infants and young children are sensitive to the effects of high temperatures and rely on others to regulate their environments and provide adequate liquids.
- People 65 years of age or older may not compensate for heat stress efficiently and are less likely to sense and respond to change in temperature.
- People who are overweight may be prone to heat sickness because of their tendency to retain more body heat.
- People who overexert during work or exercise may become dehydrated and susceptible to heat sickness.
- People who are physically ill, especially with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation, may be affected by extreme heat.

Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.

*** Adjust to the Environment**

You will have a greater tolerance for heat if you limit your physical activity until you become accustomed to the heat. If you travel to a hotter climate, allow several days to become acclimated before attempting any vigorous exercise, and work up to it gradually.

*** Do Not Leave Children in Cars**

Even in cool temperatures, cars can heat up to dangerous temperatures very quickly. Even with the windows cracked open, interior temperatures can rise almost 20 degrees Fahrenheit within the first 10 minutes. Anyone left inside is at risk for serious heat-related illnesses or even death. Children who are left unattended in parked cars are at greatest risk for heat stroke, and possibly death.

When traveling with children, remember to do the following:

Never leave infants, children or pets in a parked car, even if the windows are cracked open. To remind yourself that a child is in the car, keep a stuffed animal in the car seat. When the child is buckled in, place the stuffed animal in the front with the driver. When leaving your car, check to be sure everyone is out of the car. Do not overlook any children who have fallen asleep in the car.

*** Use Common Sense**

Remember to keep cool and use common sense:

- Avoid hot foods and heavy meals—they add heat to your body.
- Drink plenty of fluids and replace salts and minerals in your body. Do not take salt tablets unless under medical supervision.
- Dress infants and children in cool, loose clothing and shade their heads and faces with hats or an umbrella.
- Limit sun exposure during mid-day hours and in places of potential severe exposure such as beaches.
- Do not leave infants, children, or pets in a parked car.
- Provide plenty of fresh water for your pets, and leave the water in a shady area.

This information provided by [NCEH's Health Studies Branch](#), National Center for Environmental Health.

And if anyone gives even a cup of cold water to one of these little ones because he is my disciple, I tell you the truth, he will certainly not lose his reward. Matthew 10:42

OSHA Quick Tip Cards for Heat Stress with signs and symptoms of *Heat Exhaustion* and *Heat Stroke* are in the information rack across from the office.

Shalom and Stay Cool!

Judy Roth, R.N., M.S.N.
Parish Nurse
Alton Memorial Hospital
463-7117

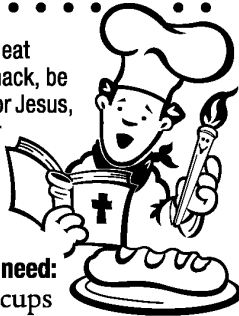


August Birthdays

- | | | | |
|----|------------------|----|------------------|
| 3 | Lucy Darr | 16 | Kyle Harris |
| | Judy Roth | | Colton Hampton |
| 5 | Justin Hayes | 17 | Irene McLaughlin |
| 8 | Mimi Almonroeder | 21 | King Hoagland |
| | Logan Phillips | 23 | Sarah Wade |
| 10 | Dave Johnson | 24 | Terry Allen |
| 12 | Jean Downey | 25 | Joette Moyer |
| | Elizabeth Finch | 28 | Charles Hausman |
| | Jared McNelly | 30 | Connie Terry |
| 14 | Ted Woodbury | | Victor Sever |
| | Caleb Woodbury | | |

BREAD painting

When you eat this fun snack, be thankful for Jesus, who is our Bread of Life.

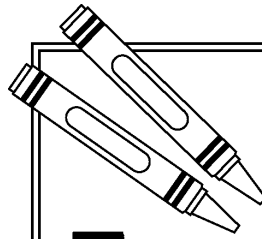


What you need:

- Small cups
- Milk
- Food coloring
- Clean artist brush
- Slice of bread
- Toaster or toaster oven
- Butter (optional)

What you do:

1. Decide how many colors you want to use, and set aside one cup for each color.
2. Pour about 1/4 cup of milk into each cup.
3. Add drops of food coloring until you get a bright color.
4. Using a brush, paint a picture or write words (such as a Bible verse) on the slice of bread. Make sure not to get the bread too soaked.
5. When you're finished painting, toast your bread. You can top it with a bit of butter. Enjoy!



Just for **KIDS**

THE BREAD OF LIFE

Jesus knew that people would starve without physical bread to eat and water to drink. But he also knew they would die spiritually if they weren't fed by him.

Find and circle all the words horizontally. Then, starting on the top line and moving across from left to right, read John 6:35 (NIV) and write the Bible verse on the dashes.

JOHN 6:35

WORD LIST

am and be believes
bread comes I in
he hungry go He
life me me never
to never the of will
who will thirsty who

t e l r s u v w a m x y z a b t h e i
j k l m b r e a d n p o f q r l i f e
d H e e f g h i w h o j k l m n p q r
b c d f c o m e s g h i j t o k l m e
n w i l l o p q r s t u n e v e r v w
z y z b c a g o b c d e f g h i j k l
m h u n g r y n a n d o p q r s t u v
w x y z a b c d e f g h i j h e k l m
w h o n o b e l i e v e s p q r s t u
v w x y z i n a b c d e f g h i j k l
m n o p q r s t m e u v w x y z a b c
d e f w i l l g h i j k l m n o p q r
s t u v w x y n e v e r z a b c d b e
f g h i j k l m n o p q t h i r s t y

“

-----,

-----”

Answer: "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty." John 6:35, NIV

